

Information on Coronavirus (COVID-19)

COVID-19 is an infectious disease first identified in 2019 in Wuhan, China that has spread globally. Older adults and people who have severe underlying conditions like heart or lung disease or diabetes seem to be at risk for developing more serious complications from COVID-19 illness.

Watch out for symptoms of COVID-19, including fever, cough, and shortness of breath. Call your doctor if you feel that you may be developing symptoms. If you develop emergency warning signs of COVID-19, seek medical attention immediately. These signs include bluish lips or face, new confusion, persistent pain or pressure in the chest, and difficulty breathing.

The best way to prevent illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person to person, either between people who are in close contact with one another (within about 6 feet) or through respiratory droplets that produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

To protect yourself, clean your hands often, washing with soap and water for at least 20 seconds (especially after you have been in a public place), or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that has at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands. Put a distance between yourself and others during this time (avoiding crowds as much as possible), and be sure to avoid contact with anyone who is sick. Consider getting mail-order for medications and avoid all non-essential travel.

Clean and disinfect frequently touched surfaces daily, including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them prior to disinfection. Most common EPA-registered household disinfectants will work.

Please consult with your health care provider about additional steps you may be able to take to protect yourself.

Stay home if you are sick! If you need assistance, please call the Council on Aging at 467-3239. Please ask for help if you need it.

Take good care,

Chloe Canter
Director of Senior Services
Town of Granby